

<i>Not impacted</i>	<i>Baby Blues</i>	<i>Postpartum Depression</i>	<i>Postpartum Anxiety</i>
Tears of joy or frustration on occasion	Random tears (even for a toilet paper ad) that come out of nowhere	Tearfulness that may or may not have a direct cause.	Tears around thoughts that might be scary.
Sleep deprived, but able to take naps during the day. No issues falling or staying asleep.	Learning to sleep when the baby sleeps. Getting used to sleep/wake cycle that isn't what one is used to.	Sleep is interrupted in one of two ways: difficulty rousing oneself (consistently) or not able to fall and stay asleep.	Difficulties falling and staying asleep . Not able to sleep due to racing thoughts.
Your mind might feel clumsy at times and forgetful, but you are able to carry on a conversation (unless the baby interrupts)	Your mind feels a little foggy and it might be hard to focus.	Your mind feels full and it can be hard to express yourself. You might feel forgetful or distracted. Carrying on a conversation can be difficult, and not because of the baby.	Your mind is racing and it is hard to slow it down.
You seldom worry about things that are new for you.	You worry a little, and sometimes check in with others, and sometimes keep it to yourself.	You feel too sad or angry to worry .	You worry constantly and some of your worries might scare you. You are afraid to tell others about ALL of your worries, though you might share some.
The changes in your life are exciting and make you look forward to the future.	The changes in your life are temporarily overwhelming, but you are able to adjust with a little practice.	The changes in your life are completely overwhelming and you are having difficulty adjusting to them.	The changes in your life cause you perpetual worry as you struggle to make sense of them.
Bonding with your baby isn't something that you spend time thinking about, as you do so by caring for your baby.	Bonding with your baby is initially awkward, but with practice, you adjust.	Bonding with your baby is hard as you feel detached from your baby and attending to its needs.	Bonding with your baby is something that you are thinking a lot about: are you doing it right? Is your baby attached enough?
After a few weeks , you relish in your new routine as your "new normal."	After a few weeks , you are getting the hang of things and start to feel more like yourself.	After a few weeks , you feel as bad, if not worse.	After a few weeks , the worrying persists.

Chart to track if you are impacted by emotional concerns postpartum
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